

HALIFAX metro



Is charged man schizophrenic?

Friend of man shot by police tells Metro he's 'a very good person'

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Huskies mourn loss of player

Naomie Fequierex, a standout on Saint Mary's basketball team, died this weekend

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Run this town? Done.

Jay-Z rewrites the rules of music marketing with latest album to drop

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MILE-HIGH EXPECTATIONS

DENVER GETS TO KNOW COLE HARBOUR'S NATHAN MACKINNON

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Rain dampens spirits and revenues



Gavan Fitzpatrick, general manager of the Grandview Golf and Country Club, walks along the path near the waterlogged rough on Tuesday. The course was closed throughout the long holiday weekend due to rain. JEFF HARPER/METRO

Summer soaking.

Some HRM businesses seeing red over wet weather

Gavan Fitzpatrick's golf course has broken a few records this season, but he's far from happy about it.

Fitzpatrick, general manager of Grandview Golf and Country Club in Westphal, says the unusual amount of rainfall of late has forced the course to shut down for eight days last month alone, and cancel seven tournaments so far this season.

"This is our worst June that we've had on record," Fitzpatrick said Tuesday. "(We're breaking) all the kinds of records we don't want to beat."

Fitzpatrick said the club was closed over the entire wet Canada Day long weekend, resulting in a loss of \$50,000.

Although Grandview has a membership base, Fitzpatrick said the loss of green fees and revenues from tournaments has "hurt us a lot."

According to Environment Canada, this June saw above-average amounts of rain, with well over 174 millimetres falling last month. The average rainfall for June is 90 milli-

Quoted

"We're certainly down substantially in budgeted revenues, there's no question about it."

Gavan Fitzpatrick, general manager of Grandview Golf and Country Club

metres.

Rachel Clarke, employee at Lakeland Plant World in Dartmouth, said the rain has hurt vegetable crops and slowed business. "A lot of people are re-buying again ... I think everybody lost their cucumbers this year," Clarke said.

While locals may be fed up, Kari Lewis, supervisor for the visitor information centre on the Halifax waterfront, said the rain isn't driving tourists away.

In fact, Lewis said the weather may have brought more visitors into tourism centres because their original plans involved sunshine.

"People seem to be quite open to trying something they hadn't thought of," Lewis said of activities like shopping, museum tours and indoor festivals.

"We can find lots of things to keep people busy and ... have an excellent vacation even though the weather's not perfect," she said. HALEY RYAN/METRO

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30-days. Cockerill to undergo psychiatric assessment

The man shot by Halifax Regional Police during a foot chase in Dartmouth will undergo a 30-day psychiatric assessment to determine whether he's fit to stand trial on a slew of charges that include attempted murder.

Christopher Cockerill, 35, appeared briefly in Dartmouth provincial court Tuesday morning, walking in unassisted and sporting a bulky bandage on his left hand.

Duty counsel Peter Planetta represented Cockerill on Tuesday and told the court he had concerns about criminal responsibility.

"(Cockerill) has been in psychiatric care and has several diagnoses," said Planetta.

Planetta said Cockerill suffers from post-traumatic stress disorder, borderline personality disorder, is a diagnosed schizophrenic and suffers from depression and anxiety.

The Crown did not oppose the assessment.

Cockerill is charged with attempted murder, assaulting a police officer with a weapon, resisting arrest, uttering threats, escaping lawful custody, possession of a weapon for a dangerous purpose and carrying a concealed weapon.

He's also charged in connection with a June 14 break-and-enter. **RUTH DAVENPORT/METRO**



Police at last week's shooting
CONTRIBUTED/SEAN DEWITT



Christopher Cockerill, 35, after his appearance at Dartmouth provincial court on Tuesday. JEFF HARPER/METRO

Man shot by cops said to be mentally ill

Christopher Cockerill.
Woman says accused
has schizophrenia,
shouldn't be in jail



**RUTH
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A woman who has a son with the man shot by Halifax Regional Police says Christopher Cockerill has struggled with mental-health issues for years and doesn't belong behind bars.

"I do not see what jail is going to do to help him," said the woman, who asked that her name not be used. "Jail, I believe, is not for somebody with

Quoted

"He's got kids besides my one, and he's a great father to them, seeing them all the time."

Woman who has child with Christopher Cockerill

a mental disability."

Cockerill, 35, is facing a slew of charges — including attempted murder — related to a foot chase in Dartmouth last Thursday.

Plainclothes officers went to an apartment to arrest a suspect in a break-and-enter, and say the man tried to stab one of the officers before taking off on foot.

Patrol officers responded and found the man hiding behind Prince Arthur Junior

High School, where it's alleged he threatened an officer with a knife and was shot.

The woman who contacted Metro said she "bawled" when she heard what had happened to the father of her 14-month-old son.

"I'm very upset by the cops shooting him," she said. "They have batons that they could use, tasers, bear mace.... I'm pretty pissed off at them for using their gun."

Halifax Regional Police

can't comment on the shooting, because it's under review by the independent provincial unit that investigates serious incidents involving police.

However, a release from HRP issued last week states the officer who fired his gun "perceived an immediate threat to his safety."

Cockerill appeared in court Tuesday and has been remanded for a 30-day psychiatric assessment to determine whether he's fit to stand trial.

The woman who contacted Metro said Cockerill is a diagnosed paranoid schizophrenic, but is calm and doesn't engage in criminal activity when he's taking medication.

"He's a very good person, he would do anything for anybody," she said.

1 NEWS

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Insult to injury. Man hurt while jaywalking is ticketed, fined by police

Talk about learning a lesson the hard way — times two.

Halifax Regional Police say a pickup truck hit a 75-year-old man as he jaywalked on Windsor Street between Strawberry Hill and Connaught Avenue on Tuesday morning. The victim was taken to hospital with minor injuries, and while there, police served him with a ticket for jaywalking — which will cost him \$399.91.

"Every time you cross the street outside the crosswalk,

Don't walk this way

16

The number of times this year that police say they have ticketed people for jaywalking in HRM.

it's a chargeable offence," said Const. Pierre Bourdages. "The road is a shared responsibility — we've been saying it for years," he added. **METRO**

Assault. Charge dropped against Halifax cop

An assault charge against a police officer has been withdrawn, Halifax Regional Police say.

Const. Daniel Kavanaugh was arrested in May after an incident on a walking trail in Lower Vaughan. At the time, Halifax police said the RCMP in Windsor were called to an assault complaint involving an

off-duty officer.

The Crown withdrew the charge on Tuesday in Windsor provincial court. Crown attorney Bill Fergusson said the charge was dropped after Kavanaugh paid restitution to the plaintiff and offered to write a letter of apology.

THE CANADIAN PRESS

Burglary. Two men sought after senior robbed

Police in Halifax are investigating after the home of a 97-year-old woman was robbed overnight in Dartmouth.

The victim, according to police, awoke on Tuesday morning to find that her home in the 100 block of Celtic Drive had been burgled while she was sleeping. Several items were stolen, police say.

On Sunday at about 9 p.m.,

police say two young men came to the victim's door looking for someone who didn't live there.

The men are described as white, in their mid-20s, between five-foot-eight and five-foot-ten, with slim builds.

Anyone with information is asked to contact police or Crime Stoppers.

THE CANADIAN PRESS

You can breathe easy

Air-quality warnings lifted

Environment Canada lifted air-quality warnings on Tuesday that were issued for parts of Nova Scotia, P.E.I. and New Brunswick as smoke drifted into the Maritimes overnight from forest fires burning in Labrador. Meteorologist Linda Libby says shifting winds and rain prompted the department to end the warnings just before noon. The statements had warned that smoke could descend close to the ground, reducing air quality. **THE CANADIAN PRESS**

Accessory after the fact

Woman charged in Boudreau case seeking bail

A bail hearing for the fourth person charged in the disappearance of a Cape Breton man has been set for Thursday. Carla Ann Samson, 37, of D'Escousse, appeared in court on Tuesday on a charge of accessory after the fact in the death of Phillip Boudreau, 43. Her bail hearing will be heard in Nova Scotia Supreme Court in Port Hawkesbury. Three men face second-degree-murder charges in the case. **THE CANADIAN PRESS**



Rain, rain, please — please — go away

A pedestrian takes protection from the rain near the Alderney Gate Library in Dartmouth on Tuesday. It was another wet day around HRM, with scattered showers across the region and more possible on Wednesday. **JEFF HARPER/METRO**

'She could light up the room with her smile'

Saint Mary's. Teammates mourn loss of basketball player Naomie Fequiere



HALEY RYAN
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The Saint Mary's women's basketball team is "shaken" by the death of star player Naomie Fequiere, who died in a weekend car accident in her hometown of Miami.

"She could light up the room with her smile, her laugh, and just was a great, great kid," head coach Scott Munro said on Tuesday.



Naomie Fequiere
CONTRIBUTED/SAINT MARY'S UNIVERSITY

He said he recruited Fequiere two years ago from a junior college in the United States, and she trusted him enough to come "a long way" to play basketball for the Saint

In mourning

"Hopefully, everyone stays strong, and we'll have to get through it together."

Scott Munro, Saint Mary's Huskies coach

Mary's Huskies.

"It was a totally different situation for her up here than it was in Miami, but it was something that ... grew on her and I think she enjoyed her time up here," Munro said. "The girls thought very, very highly of her and she's going to be greatly missed."

Fequiere was working on her BA with a focus on criminology and religious stud-

ies, Munro said. She was returning to play her last season in September.

Munro said he had a brief conversation with Fequiere's family on Monday to offer his condolences. He wasn't sure if the team would fly down for the funeral, but said he himself would be going "for sure."

Fequiere was one of the "best defensive players in the league," Munro said, and was instrumental in the team's success last year as a shooting guard as Saint Mary's won the Atlantic University Sport title before playing at the nationals.

"We're all shaken," Munro said, adding there have been lots of calls and texts in the past 24 hours between teammates reaching out to each other.

Halifax airport gets high marks on survey



Moving up: The Halifax airport.
JEFF HARPER/METRO FILE

The Halifax Stanfield International Airport has been ranked the third-best regional airport in North America.

According to the 2013 Skytrax World Airport Awards, Halifax has jumped up to third place in the regional category after being left out of the Top 5 in 2012.

This year, the airport placed fifth-best in the world

for its size (less than 5 million passengers), eighth in North America overall and 58th in the world's Top 100 airports.

Halifax has been climbing up in the world rankings, having placed 68th overall in 2012 and 88th in 2011.

Travellers from more than 160 countries take part in the Skytrax World Airport Awards, based on 12.1 mil-

39's a charm

39

The survey evaluates passenger experience across 39 airport service and product categories.

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Sticks & stones: Star heads to Colorado

Nathan MacKinnon.
Mile-high city getting
to know Halifax
Mooseheads centre



**RUTH
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Cole Harbour's Nathan MacKinnon may have made headlines in Halifax for going No. 1 overall at Sunday's NHL draft, but it seems hockey fans in his new hometown are a little behind on their reading.

"So you want to talk about

Nathan ... who?" said a server who answered the phone at Brooklyn's sports bar in Denver's Pepsi Center, home to the NHL team that scooped up the former Mooseheads forward.

"OK, he was just drafted by the Avs?"

The Colorado Avalanche chose MacKinnon over Portland Winterhawks defenceman Seth Jones and Halifax teammate Jonathan Drouin after a Memorial Cup final that ended with the Mooseheads' first franchise championship — and MacKinnon's second hat trick of the tournament.

The electrifying perform-

ance had Nova Scotian fans cheering. And while he may not be an immediate hometown hero in Denver, it seems at least a few residents have been paying attention.

"We actually had him in my store (Monday) doing a signing. We had about 250 to 300 people come down," said Pepsi Center senior arena manager Gabe Klabon. "We set it up for about an hour and they lined up out the door, it was really cool."

Klabon, who said the turnout was about "average" for that type of event, said some fans came just to meet the NHL's top draft pick, but others seemed to know something about MacKinnon himself.

"I would say the fans that were here were half and half, quite a few people had photos from his playing time in Halifax, so they were getting those signed," he said, adding he personally had followed MacKinnon's career to this point.

No Avalanche swag has been ordered yet because MacKinnon hasn't actually signed a contract, but Klabon said all the usual suspects — jerseys and T-shirts — would be on the shelves once the deal is done.



Halifax Mooseheads forward Nathan MacKinnon poses for a portrait after being selected first overall by the Colorado Avalanche during Sunday's NHL Draft at the Prudential Center in Newark, N.J. JAMIE SQUIRE/GETTY IMAGES

Hockey near the Rockies

Key differences between Denver and Halifax:

- **Topography:** Landlocked mountainous vs. ocean coastline
- **Altitude:** 1,609 metres vs. 165 metres (highest point)

- **Population:** 619,968 vs. 413,710
- **Average low temp in January:** -9 vs. -7
- **Average rainfall:** 401 millimetres vs. 1,254 mm



\$1-million ticket. Very rich person in P.E.I. doesn't know it yet

Somebody in Prince Edward Island is the Maritimes' latest millionaire.

According to Atlantic Lotto, a ticket worth \$1 million was sold on the Island for the June 29 draw.

There was also another ticket sold for \$64,900.

Atlantic Lotto is encouraging players to check their tickets before heading out for summer vacation plans.

"We're encouraging folks to check their tickets. With summer here and vacation

Winning team

\$15.3M

Last month, five women from the Kentville area won the grand prize of a Lotto 6/49 draw worth \$15.3 million.

plans in the works for Atlantic Canadians, it's easy to overlook that ticket in your purse or wallet," said Manon Deslauriers, with Atlantic Lottery Corporation.

CHARLOTTETOWN GUARDIAN

Wastewater overflow

Dingle dung! Beach closes

Don't dally in the waves of Dingle Beach just yet.

Two Halifax beaches, including the Dingle, have been closed to swimming until further notice due to overflows of screened wastewater. Black Rock Beach also remains closed because of high bacteria levels.

According to HRM, such overflows can lead to temporarily high bacteria levels so swimming in other areas of the harbour is not recommended while the beach is closed. **METRO**

Black bears roaming in Cape Breton County

This bin looks juuust right ...

"If these bears come across an easy source of food from people — garbage, barbecues, garbage bins — then they are going to settle on that."

Andy Pyke, a wildlife technician for the Department of Natural Resources

Some residents of Cape Breton County might find this news hard to bear, but there are newcomers in town.

Andy Pyke, a wildlife technician for the Department of Natural Resources, said there have been numerous sightings of several different black bears in areas of the county where bears have not before been known to roam.

"This year, they seem to be way more prevalent. Instead of three or four calls in a year, I've had seven over the course of a couple weeks, and of sev-

eral different animals, keying in on garbage, green bins and barbecues."

He said the first sightings began on June 13-14 in the Salmon River area of the Mira. People at their cottages for the weekend put their garbage in

bins and head home.

"Then it sits there from Sunday until Thursday," he said. "A bear can smell garbage a mile away."

He said numerous calls followed, including from the lower Mira area. **CAPE BRETON POST**



Pockwock Water Transmission Main Upgrade

Beginning the evening of Friday, July 5th, Halifax Water will be performing a scheduled shutdown to a section of the Pockwock water transmission main on Kearney Lake Road to allow for the renewal of 1.7km of 1200mm. diameter pipe at a cost of \$11 million. The Pockwock water supply serves customers in Halifax, Bedford, Sackville, Fall River, Waverley, and Timberlea, though not all customers will be affected by this work.

In order to facilitate this work, flow from the Pockwock water transmission main will be shut down for approximately 24 hours, beginning the evening of Friday, July 5th with customers supplied by a system of reservoirs, flows from Dartmouth via the MacDonald Bridge water line, and possibly the Chain Lake back-up water supply. Due to flow reversal in the distribution system, discoloured water may be experienced in some areas of Halifax and Dartmouth.

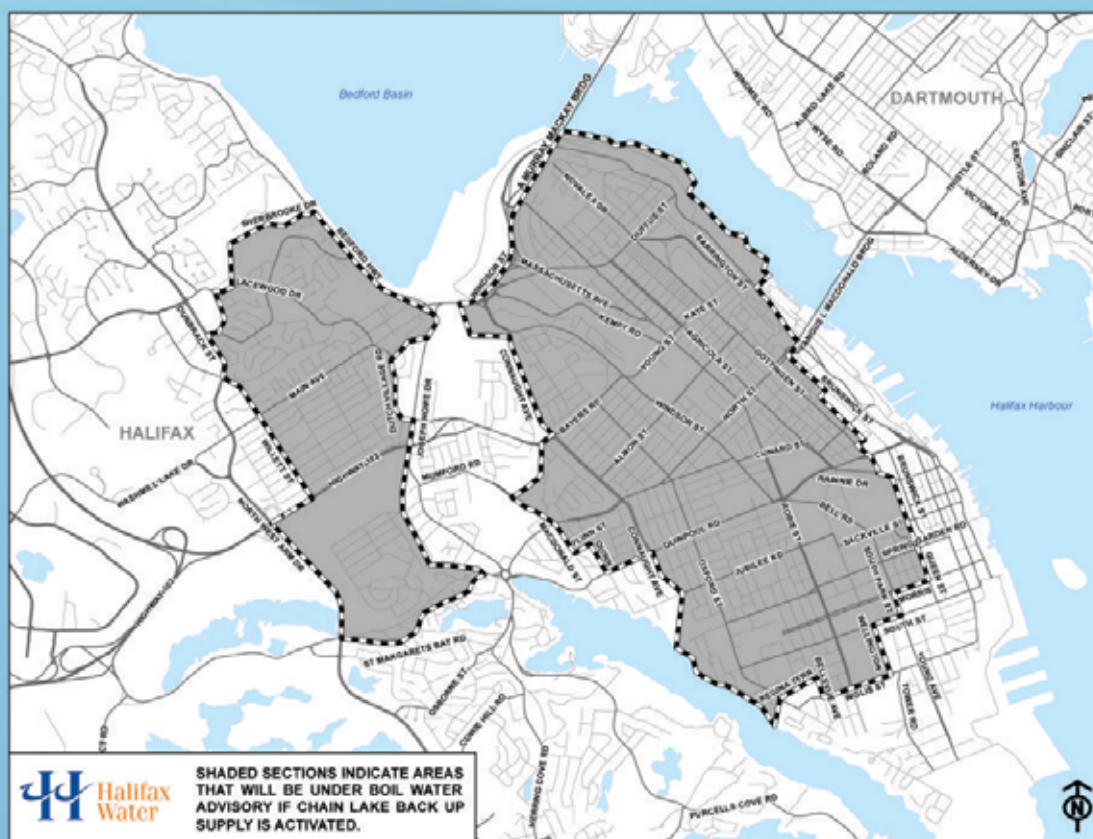
If the Chain Lake back-up water supply is activated, a boil water advisory will be issued for affected customers.

Should a boil water advisory be issued, some customers on the Halifax side of the harbour (see attached map) will be required to boil their water as a precautionary measure. **Only customers within the defined area on the map will be required to boil their water.**

All Halifax Water customers are asked to reduce water usage (i.e. lawn/garden watering, car washing, pool filling, washing of laundry etc.) on July 5th, 6th, and 7th while this phase of the project is undertaken as this will reduce the need to activate the Chain Lake supply and the resulting boil water advisory.

Detailed instructions on water usage during a boil water advisory, project details, and frequently asked questions are available at www.halifaxwater.ca, www.halifax.ca, Twitter at @HalifaxWater, by calling Halifax Water's Customer Service Centre at 490-4820, or offices of Nova Scotia Environment.

We apologize for any inconvenience as a result of this necessary work to upgrade water system infrastructure for the long term benefit of our customers.



Flooding

Calgary Kisses
concerts goodbye

Four blockbuster concerts scheduled for Stampede week in Calgary have been scrubbed because of flooding.

Stampede organizers say damage to the Saddledome arena has forced the cancellation of shows by Carly Rae Jepsen on July 10, Tim

McGraw on July 11, the Dixie Chicks on July 12 and Kiss on July 13.

Organizers say crews have been working hard to address electrical, water-quality and air-conditioning issues at the rink, which is home to the Calgary Flames.

They say all of the concerts need to be indoors and can't be moved to a different venue.

THE CANADIAN PRESS

Child custody

Mom settles suit
over poppy-seed
drug test

A woman who had her newborn taken away because she failed a hospital drug test after she ate a poppy-seed bagel has settled a lawsuit over the case.

Lawrence County, Pa.'s

child-welfare agency and Jameson Hospital have paid \$143,500 US to settle the suit filed on behalf of Elizabeth Mort by the American Civil Liberties Union of Pennsylvania.

Mort alleged that the bagel she ate shortly before arriving at the hospital spurred a positive test for opiates in April 2010 that prompted the seizure of her daughter. THE ASSOCIATED PRESS

Legislation

Irish lawmakers
back emergency
abortions

Ireland appeared on course to legalize abortion in limited circumstances as lawmakers voted Tuesday to support a bill that would permit a pregnancy to be terminated when deemed necessary to

save a woman's life.

The government's Protection of Life During Pregnancy Bill won overwhelming backing in a 138-24 vote.

Catholic leaders warned that the proposed law, which faces potential amendments this week and a final vote next week, was a "Trojan horse" designed to permit widespread abortion access in Ireland.

THE ASSOCIATED PRESS

Morsi defiant as clock ticks down to ouster by military

Egypt. President says he won't step down in face of ultimatum

Quoted

"There is no substitute for legitimacy."

Egyptian President Mohammed Morsi

The fate of Egypt's first democratically elected president hung in the balance Tuesday, hours before a deadline to yield to the demands of millions of protesters or see the military suspend the constitution, disband parliament and install a new leadership.

Embattled Islamist President Mohammed Morsi vowed not to resign, however, and he demanded that the powerful armed forces withdraw their ultimatum, saying he rejected all "dictates" — from home or abroad.

In a speech to the nation, he pledged to protect his "constitutional legitimacy" with his life and accused loyalists of his autocratic predecessor Hosni Mubarak of riding the current wave of protests to topple his regime.

Morsi, who at times angrily raised his voice, thrust his fist in the air and pounded the podium, warned that electoral and constitutional legitimacy "is the only guarantee against violence."

Morsi's defiant statement sets up a major confrontation between his Islamist supporters and Egyptians angry over what they see as his efforts to impose control by his Muslim Brotherhood as well as his failure to introduce reforms more than two years after the Arab Spring revolution.

His opponents say that he has lost his legitimacy through mistakes and power grabs and that their turnout on the streets shows the nation has turned against him.

THE ASSOCIATED PRESS



Supporters of Egypt's Islamist President Mohammed Morsi hold sticks and wear protective gear during training outside of the Rabia el-Adawiya mosque near the presidential palace in Cairo on Tuesday. Across town, Morsi's Islamist backers have hunkered down at their own rally site, vowing to resist what they depict as a threat of a coup against a legitimately elected president. AMR NABIL/THE ASSOCIATED PRESS

Cairo

Canadian
Embassy
closed

Canada has shut down its embassy in Cairo as civil unrest continues to rock Egypt.

"As a security precaution and to ensure the protection of all staff, we have closed our embassy in Cairo until further notice," Rick Roth, a spokesman for Foreign Affairs Minister John Baird, said in an email.

Cairo has seen throngs of protesters demanding the ouster of President Mohammed Morsi.

"Canada is deeply concerned by reports of violence in Egypt that has claimed a number of lives," Roth wrote.

THE CANADIAN PRESS

Cop suspected in gang rape arrested after outcry



In this TV footage distributed on Tuesday, tear gas is fired at angry residents storming the police headquarters Monday night in the town of Vradiyevka, Ukraine. Locals were furious after authorities failed to detain one of two police officers implicated in a gang rape. TV UKRAINE VIA APTN/THE ASSOCIATED PRESS

A police officer suspected in the brutal gang rape of a woman in Ukraine was detained Tuesday after protesters stormed and burned a police station in southern Ukraine in anger over the authorities' reluctance to place him in custody.

Residents of Vradiyevka, some 330 kilometres south of Kyiv, smashed windows, broke doors and set fire to the building late Monday, while police fought back with tear gas. The protests continued Tuesday.

The case has caused widespread anger among Ukrain-

Fallout

Two senior regional police officials and a prosecutor have been fired for failing to properly respond to the crime.

ians, who say that corruption, lawlessness, and the impunity of government officials and their wealthy friends have increased markedly since President Viktor Yanukovich came to power three years ago.

It has also prompted an outcry among opposition lawmakers.

Officials finally caved in to public pressure and detained the officer late Tuesday, according to an Interior Ministry spokesman. A court was to decide whether to keep him under arrest or to release him on bail or a pledge not to leave his place of residence.

The victim, a 29-year-old local woman, was returning home from a bar last Wednesday when she says she was shoved into a car, driven to the woods, raped and savagely beat-

en by two policemen, aided by a driver. The woman remains in the hospital in serious condition, having sustained multiple fractures to her skull and bruises all over her body.

One of the suspected police officers and the alleged driver of the vehicle were detained earlier, but officials were reluctant to apprehend the second suspected policeman, who claims he was on duty at the local police headquarters when the crime happened.

The victim says the officer is lying. THE ASSOCIATED PRESS

RCMP say Canada Day bomb plot was inspired by al-Qaida

'Self-radicalized' Man and woman arrested, accused of planning to blow up B.C. legislature

RCMP say they have foiled a domestic terror attack hatched by two Canadian citizens, driven by an "al-Qaida ideology" to blow up the B.C. legislature during Canada Day celebrations.

The force was informed of the alleged plot in February by the Canadian Security Intelligence Service, and a five-month investigation culminated in two arrests in Abbotsford, B.C., on Monday, RCMP announced Tuesday.

"This self-radicalized behaviour was intended to cause maximum impact," Assistant Commissioner Wayne Rideout said at a news conference in Surrey, B.C.

John Stuart Nuttall, 38, and Amanda Marie Korody, born in 1983, were charged Tuesday with three counts each: knowingly facilitating a terrorist activity, making or possessing an explosive device and conspiracy to place an explosive device with the intent to cause death or injury.

RCMP released photos of what they said were the home-made bombs contained in pressure cookers, which police say are similar to the pair of bombs that killed three people and injured more than 260 during the Boston Marathon two months ago. The RCMP said investigators ensured the alleged bombs were harmless.

A story about Nuttall in the Victoria Times-Colonist in 2003 said drug addiction fuelled a criminal record including convictions for robbery, kidnapping and aggravated assault.

THE CANADIAN PRESS



An RCMP photograph of pressure cookers they say two people intended to use as explosive devices. DARRYL DYCK/THE CANADIAN PRESS

NSA scandal. Venezuela may step up to give the 'brave' Snowden asylum

NSA leaker Edward Snowden's best chance of finding refuge may hinge on the president of Venezuela, who was in Moscow on Tuesday meeting with Russian President Vladimir Putin.

With a string of countries appearing to offer Snowden little hope, President Nicolas Maduro of Venezuela told Russian reporters on Tuesday that his country has not received an application for asylum and dodged the question of whether he would take Snowden with him when he left.

But Maduro also defended the former National Security Agency systems analyst who released sensitive documents on U.S. intelligence-gathering operations.

"Who must protect Snowden? This is the question. This young man of 29 was brave enough to say that we need to protect the world from the American imperial elite, so who should protect him?" Maduro asked journalists Tuesday evening. "All of mankind, people all over the world must protect him."

Another option for Snowden may be Bolivia, whose



Venezuelan President Nicolas Maduro THE ASSOCIATED PRESS

president also met with Putin during a summit of major gas exporters. President Evo Morales said in an interview with Russia Today television that Bolivia would be willing to consider granting asylum.

The Russian government says that Snowden, who has been on the run since releasing the sensitive NSA documents, has remained in the transit zone of Moscow's Sheremetyevo Airport since his arrival from Hong Kong on June 23.

THE ASSOCIATED PRESS

New York

Disabled lovebirds move in together

Who could blame Paul and Hava Forziano for celebrating Independence Day a few days early?

The mentally disabled newlyweds, who filed a federal civil-rights lawsuit against group homes that refused to let them to live together as husband and wife, held a moving-in party Monday at their new apartment after another agency stepped forward to offer them space.

"We can be together all the time now," Paul Forziano said. Added his wife, "Happy, not sad."

Despite the happy developments, the lawsuit filed earlier this year will go on. The couple and their parents want a judge to order that all group homes in New York make facilities available for mentally disabled married couples.

"Gone are the days where parents are told a kid has a disability, institutionalize them and forget they ever existed," said Gus Lagoumis, director of programming at East End Disability Associates — operators of the facility the newlyweds now call home.

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Central banking. U.S. dollar remains top dog of reserve currencies, euro loses lustre

International use of the euro slipped last year because of the debt crisis in Europe, but the U.S. dollar held its own as the world's leading currency for reserves held by central banks.

Currencies not traditionally used as reserves, such as the Canadian and Australian dollars, gained in favour as those countries enjoyed steady growth and lower debt than major economies.

The European Central Bank (ECB) said Tuesday that the euro's share among the currency reserves held globally by central banks fell to 23.9 per cent in 2012 from 25.1 per cent the previous year. The dollar's share was little changed at 61.9 per cent.

The ECB said the financial crisis afflicting the 17-country eurozone was a factor discouraging use of the euro for reserves, which are often held in the form of government bonds. Lending across borders in the eurozone has dropped, diminishing the liquidity that reserve holders like to see. Lower liquid-



A one-euro coin sits atop a one-dollar US bill. Is George Washington looking a bit smug about the dollar holding its own as a reserve currency as the euro's status slipped? THE ASSOCIATED PRESS FILE

Why hold reserves?

- Countries hold reserves of foreign currency so they can influence their own currencies' exchange rates in case they rise or fall too rapidly. They can do this by buying or selling currencies on foreign exchange markets.

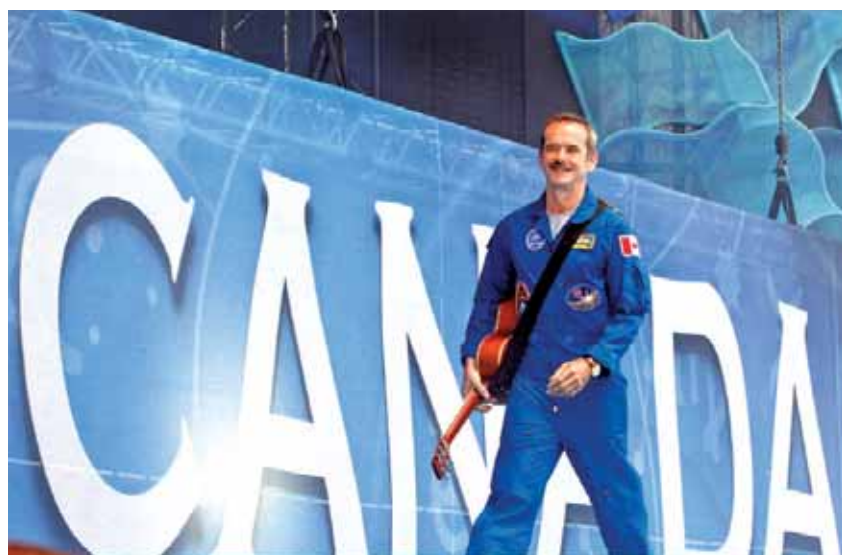
ity means there are fewer buyers and sellers readily found.

THE ASSOCIATED PRESS

Planet Earth is blue, and there's nothing left to do?

Major Tom might have been angst-ridden at the thought of returning to a dull life on terra firma, but Canadian astronaut Chris Hadfield is clearly finding plenty to do now he's done floating in his tin can. Here, Hadfield leaves the stage after singing at the Canada Day celebrations in Ottawa on Monday. On Tuesday, it was announced that Hadfield is entering a new kind of frontier — the literary world. The first Canadian to walk in space will release *An Astronaut's Guide to Life on Earth* in the fall.

FRED CHARTRAND/THE CANADIAN PRESS



Failure to launch

Russia's GPS rival crashes and burns in rocket disaster

A Russian booster rocket carrying three navigation satellites burst into flames and crashed on live TV


moments after its launch Tuesday, dealing another painful blow to the nation's space prestige. It also hurt one of the Kremlin's pet projects, the GLONASS satellite navigation system, intended to serve as a Russian equivalent of the U.S. GPS system.


THE ASSOCIATED PRESS

Market Minute

 **DOLLAR**
94.80¢
(-0.28¢)

Natural gas: \$3.66 US (+8¢)
Dow Jones: 14,932.41 (-42.55)

 **TSX**
12,178.38 (+49.27)

 **OIL**
\$99.60 US (+\$1.61)

 **GOLD**
\$1,243.40 US (-\$12.30)

Tiffany's exec accused of heist

A former executive with Tiffany & Co. stole a little blue box bounty from the jeweller's midtown Manhattan headquarters and resold it for more than \$1.3 million US, federal authorities said Tuesday.

Ingrid Lederhaas-Okun was arrested Tuesday at her home in Darien, Conn. She was to appear later in the day in federal court in Manhattan to face charges of wire fraud and interstate transportation of stolen property.

As vice-president of product development, Lederhaas-Okun

Under the radar

- Authorities allege Ingrid Lederhaas-Okun purposely checked out items valued at under \$10,000 US apiece to avoid detection. The company takes a daily inventory of all checked-out items worth more than \$25,000 US.

had authority to "check out" jewelry from Tiffany to provide to potential manufactur-

ers to determine production costs. Authorities allege that after she left Tiffany in February, the company discovered she had checked out 164 items that were never returned.

According to a criminal complaint, the missing jewelry included "numerous diamond bracelets in 18-karat gold; diamond drop and hoop earrings in platinum or 18-karat gold; diamond rings in platinum; rings with precious stones in 18-karat gold; and platinum and diamond pendants."

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HOW DID YOU NOT KNOW, JLO?

There are times when it's a good idea to look a gift horse in the mouth.

Such as over the weekend, when Jennifer Lopez was paid \$1.5 million by the China National Petroleum Corp. for a one-night gig in Absurdistan, which included singing Happy Birthday to Gurbanguly Berdimuhamedow, the nation's beloved leader.

(Sorry, my mistake. Turkmenistan, not Absurdistan. I keep getting my 'stans' mixed up.)

If JLo or any of her people had spent five minutes on Google, they would have stayed home on the block, \$1.5 million or no \$1.5 million.

Perhaps distracted by all that jack, they all failed to notice that Turkmenistan is right down there on the human rights s-t list, along with several other 'stans' cut loose in the fall of the Soviet Union. Mikhail Gorbachev has a lot to answer for.

"What's the next stop on her tour, Syria?" snorted the director of the Human Rights Foundation, citing evidence that Turk-



JUST SAVIN'
Paul Sullivan
metronews.ca

menistan is among the most oppressive nations on Earth.

Or maybe she spent most of her pre-show prep trying to figure out how to sing "Happy birthday, dear Gurbanguly" before channeling Marilyn Monroe and going with "Happy birthday Mr. President."

Whatever. She and her people completely missed the fact that Turketc. is among the world's 10 most censored regimes, according to Reporters Without Borders, and stands accused of a host of ethnic and political crimes including torture and murder.

Even worse, Berdimuhamedow is a real improvement over his predecessor Saparmurat Niyazov, who, according to the U.K.'s Guardian

newspaper, built a giant gold statue of himself that rotates so his visage is always facing the sun, and changed the names of the months — one in honour of his mother, and the other the title of his book. Oh, and he built an ice palace in the desert.

See how easy it is to confuse this place with Absurdistan? But no problem for JLo, who bounced onto the stage, with the usual enthusiastic shout-out: "Turkmenistan!" As if it was Winnipeg or Edmonton. Wherever the private jet stops and the door opens.

So JLo, who, believe or not, "works" with Amnesty International, joins the Geopolitically Challenged Celebrity Hall of Fame, which already includes Beyoncé, Mariah Carey, 50 Cent, Usher and Hilary Swank.

Once they found out that they were playing footsies with the real-life equivalent of Jabba the Hutt, Beyoncé, Hilary et al., fell all over themselves to give the dirty money back. So far, JLo remains attached to the filthy lucre, probably waiting for the media to determine the extent of the transgression, which appears to fall somewhere between Alec Baldwin and the Q-word and Paula Deen and the N-word.

Meanwhile, boys and girls, the next time you're tempted to fall asleep in social studies, snap out of it. Pay attention in class and you could avoid ending up in your own private Absurdistan. Don't end up like JLo and get stuck with the 'Duh' word.

ZOOM

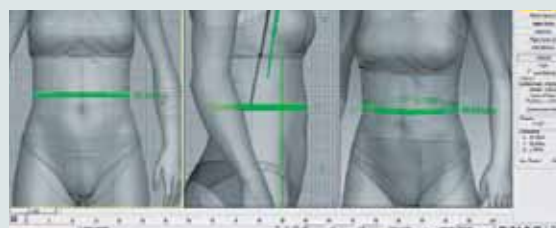


NICKOLAY LAMM/MYDEALS.COM/REX FEATURES

Two dolls, one reality

Doll size based on average 19-year-old

What would Barbie look like if she were based on the figure of the average American woman? Remarkably different from the iconic doll. Artist and researcher Nickolay Lamm used the measurements of an average 19-year-old woman to create a 3D model, pictured to the right of Barbie. **METRO**



Lamm used measurements of an average 19-year-old girl based on data presented by the Centers for Disease Control and Prevention, the U.S. national public health institute. **NICKOLAY LAMM/MYDEALS.COM**

Influential image

"If we criticize skinny models, we should at least be open to the possibility that Barbie may negatively influence young girls, as well."

Nickolay Lamm
Artist and researcher

Barbie vs. American girl

Waist 46 cm	Waist 79 cm
----------------	----------------

Hips 84 cm	Hips 84 cm
---------------	---------------

Bust 91 cm	Bust 81 cm
---------------	---------------

Busting Barbie's status quo

Citing scientific reports that say thin dolls affect body image, Lamm said: "If there's even a small chance of Barbie in its present form negatively influencing girls and if Barbie looks good as an average sized woman, what's stopping Mattel from making one?" **METRO**

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

The circumstances that led to 19 elite Hotshot firefighters being overwhelmed by a fire in Arizona has been described as a "perfect storm" by an expert who knows their work well. Try these sources to learn more about what's required to do a very dangerous job.

Outside Magazine:

In the Line of Wildfire: Former Hotshot Kyle Dickman returned to his old stomping grounds in 2012 and emerged with an engrossing long read on the training, tools and "this is all I ever want to do" mentality required to do the job. (bit.ly/15Y4ZTF)

National Geographic:

Taking Pictures Inside an Inferno: Photojournalist and certified wildland firefighter Mark Thiessen has carved

THE ASSOCIATED PRESS



out a niche on the forest fire beat. Here, he explains the hazards and obstacles of shooting inside a blaze and links to some of his work. (bit.ly/1965BuE)

Cronkite New Online:

Preparing for the Worst: In an article dated June 30, Connor Radnovich spends time with the Granite Mountain crew as they practice a worst-case scenario drill. Many of the men quoted have sadly been confirmed to be among the dead. (bit.ly/1900Rp0)

Letters

I think one must be absolutely cynical or completely daft to take partnerships developed in the Global South for the sake of alleviating poverty and hand them over to Canadian large corporations and mining companies which will end up exploiting their resources. Yet it is again the approach taken by the Harper government by recently amalgamating CIDA under the Department of Foreign Affairs, Trade and Development.

The Harper government is diverting Canadian development assistance for the poor to companies whose interests are opposite — in

principle and practice — at the expense of the well-being of these poor people.

Mr. Harper knows the role played by multinationals in the impoverishment of several Third World countries. He is thus making another dangerous right turn in favour of the very rich, whose first victims, in the truest sense, will be the poorest of the world.

I hope pressures from the public, opposition parties and from members of their own party will force Harper Conservatives to change their mind towards CIDA and to adopt a much more human approach towards the poorest.

Bruno Marquis, Gatineau, Que.

WE WANT TO HEAR FROM YOU: Send us your comments: halifaxletters@metronews.ca

Action



The Lone Ranger

Director: Gregor "Gore" Verbinski

Stars: Johnny Depp

• • • • •

The first ever Lone Ranger (Armie Hammer) story to be told from the perspective of sidekick Tonto (Johnny Depp), this Gore Verbinski directed film is a welcome twist on the legend of the masked crime fighter. Set against a backdrop of corruption during the building of the railway's westward expansion through Native American territory, this is state of the art Western, with plenty of action, some laughs and even a horse that drinks beer. Surprisingly nimble footed for a two-and-a-half hour epic, the movie is more violent than you might expect from a summer tent pole flick, but also provides laughs and a wild performance from Depp. **RICHARD CROUSE**

Celebrity news

Chavril tie the knot on Canada Day

Singers Avril Lavigne and Chad Kroeger tied the knot on Canada Day in a ceremony in the south of France, according to Hello magazine. Lavigne, 28, and Kroeger, 38, exchanged vows in front of about 50 guests at Chateau La Napoule in Mandelieu, France (near Cannes).

The pair were engaged in August.

METRO



Jigga what? Jigga who? Jay-Z flipping the script

Music business.

The latest offering from Shawn Carter represents an overall change in the way music intends to do its future business

PAT HEALY

Metro World News

When Jay-Z put out The Blueprint 3 in September 2009, most of his fans had known about its arrival for the better part of a year. And in the months leading up to the release, the rapper would gradually share the title, track list, artwork and names of guest appearances to slowly and steadily amp up expectations for the album's eventual release.

Four years later and Jay-Z is using a totally different blueprint. Earlier this month, during the fifth game of the NBA Finals, he appeared in a commercial promoting Magna Carta Holy Grail, a brand new album that fans were hearing about for the first time, scheduled for release on the Fourth of July, less than a month after the announcement.

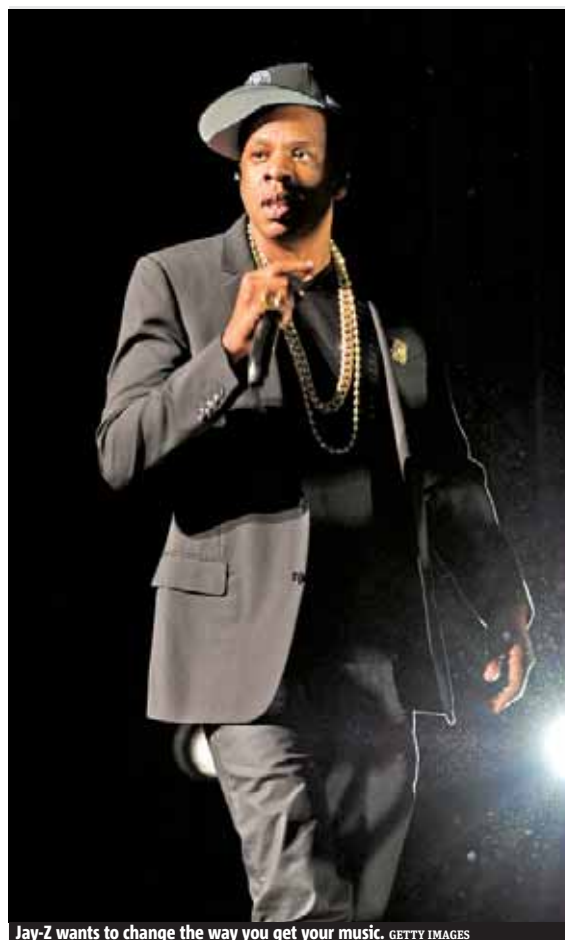
"The Internet is like the wild west," he says at one point during the three-minute spot. "We need to write the new rules."

It's part of an overall emerging trend.

"To be able to announce, 'This is now,' I see it as part of music marketing today that is on crack cocaine," says music industry veteran and author of the upcoming book, The Artist's Guide to Success in the Music Business, Loren Weisman. "Because if you're telling me it's coming in six months, I don't want to hear it."

Mike King, a former product manager at Rykodisc, who teaches music marketing courses at Berklee College of Music, says the sneak attack approach is not just due to the instant gratification of the Internet. It's also the personal nature of social media.

"If you look at the things that labels used to use to market music, like commercial radio and MTV, all of these places that labels used to spend their way into don't



Jay-Z wants to change the way you get your music. GETTY IMAGES

exist, but what does exist are these communities of hardcore fans," he says. "If you sneak it out to those people, they will be your absolute best ambassadors."

Steve Knopper, a contributing editor for Rolling Stone, and the author of Appetite for Self-Destruction: The Spectacular Crash of the Record Industry in the Digital Age, says perhaps the music business has almost come to a place of acceptance with today's consumer culture.

"In the record industry this wasn't really possible before," he says. "Ten or 15 years ago it wasn't possible at all technology-wise, because they couldn't rush out an album that quickly. And then, up until the last few years, nobody wanted to do it even if they could because they were so scared of the Internet. They were so scared that, 'If we release something too quickly and we don't have the whole thing completely



Kanye West's new album cover.

under control then people are going to pirate this! But now it seems like no one cares. It's like, 'I have an album! Let's just get it out!'"

In the commercial for Magna Carta Holy Grail, Jay-Z shares his marketing strategy, and it doesn't sound much more complicated than the last clause that Knopper outlined.

"The idea is to really finish the album and drop it," he says, "giving it to the world

Not the only

Jay-Z is just one of a growing number of major artists this year writing new rules.

- **Industry trend.** In January, David Bowie broke a decade of musical silence with a cryptic video that appeared on YouTube on midnight of his 66th birthday. Then in March, he released The Next Day, a full-length album that reportedly not even all of the top brass at his publicity company knew about until just days before its arrival. And Kanye West only made fans aware of last week's release, Yeezus, when he tweeted about it at the beginning of May. What these albums share is secret hard work behind the scenes, with a rushed approach and artwork that appears to just be dashed off the night before. Bowie's album cover is just a white square covering the album jacket for his 1977 album, Heroes. West's album cover is just a picture of a compact disc with a piece of red duct tape on the case.

at one time and letting them share it."

This sneak attack approach isn't exactly brand new. Mash-up artist Gregg Gillis built up a big word-of-mouth following with the 2006 Girl Talk album, Night Ripper. For the two Girl Talk albums that followed — 2008's Feed the Animals and 2010's All Day — he just quietly leaked them online and watched the reaction spread across the worldwide web like wildfire.

"Everyone gets to hear it at the same time, before reading any reviews or forming any opinions," says Gillis. "I think it's worked out great for me in the past, but for future releases, I have been actively thinking about giving it some short advance notice. Doing it in a strategic way can be helpful for giving it proper context."

So does that mean we can expect a new sneak attack from Girl Talk soon? If we told you, it wouldn't really be a sneak attack, would it?



Farrah Abraham ALL PHOTOS GETTY IMAGES

Farrah Abraham enters rehab, world collectively rolls its eyes

Teen mom turned porn star Farrah Abraham is checking into a rehab facility in Florida to deal with her drinking problem, *Us Weekly* reports. She'll spend 10 days at the Lukens Institute in Palm Beach Gardens, Fla. "I'm 22 and I want to make better choices and ensure I can recognize when I am putting myself in a bad situation next time," said the "star," who

within the past year has made a slew of good decisions, like driving under the influence (for which she got a DUI) and starring in a porno with James Deen. But don't think running away to Florida is going to solve your problem, Farrah. If anything, being in Florida (in a place other than Disney World, natch) is only going to want to make you hit the bottle harder.



Ruben Studdard

Ruben Studdard joins The Biggest Loser

Almost a decade ago, Ruben Studdard sang to us that he was "sorry for 2004," and now it looks like he's also feeling a little sorry for packing on the pounds. Indeed, the second American Idol champ is set to join the weight-loss juggernaut this fall, *People* reports. Studdard says his previous attempts at curbing his obesity — he rang in at 455 pounds in 2006 — haven't gotten him very far before and that he's looking

to get healthy so he lowers his risk for high blood pressure, diabetes and heart problems. We could easily make a fat joke about this, but we love Ruben. Godspeed, good sir! But please, if you can, try not to go the Jonah Hill route — we all know how that turned out. A little chunkiness is OK by us. As long as he still keeps on enough chunk fto keep referring to him as "the velvet teddy bear," we're good.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Drake skips BET awards over feud with Chris Brown

MELINDA TAUB
Metro World News in NYC

Drake was a no-show at this Sunday's BET Awards, despite being nominated for a whopping 12 trophies. What could induce someone to skip a party where people were going to say nice things about him all night?

He had a previous engagement on the high road. Drake and Chris Brown can't stand each other, and according to *Hollywood Life*, Drake skipped the event to keep their feud from flaring up again. "The reason Drake isn't (at the BET Awards) is 100 per cent all about Chris

Brown," a source said.

Good for Drake for trying to be the mature one. This is one feud where it's hard to root for them to make peace, though. Who would want to be on good terms with Chris Brown?

Despite his looks, talent, sex appeal, tons of cash and being known via just one name — a la Cher — Drake (Aubrey Drake Graham) isn't giving it up for just any old hussy who comes along.

"You know the way fighters don't f— before the fight? Sometimes I feel like I'm so focused on training my body and getting my mind right to create this album that sex isn't one of my main priorities," the rapper tells *GQ* in the July issue about his forthcoming album *Nothing Was the Same*. "If someone is around that I know and trust, I'm down. But I'm not going to end up with some stranger at this party."



Kim Kardashian

Kim's going stir crazy hiding from paparazzi

Poor, poor Kim Kardashian. The new mom to North West (that'll never get old) can't even leave the house to get her butt waxed because the paps will be all over her every move in the weeks following her baby's arrival.

"Kim really loves being a mom and she can't get enough of baby North, but being in the house all the time is making her stir-crazy," a source tells *RadarOnline.com*. "She says she feels isolated

and wants to get out of the house but she can't because she doesn't want her picture taken by the paparazzi."

We feel slightly bad for Kim — every time she steps outside she has to watch her back. Still, what is the big deal about being seen shortly after giving birth? Any new mom will tell you that sweatpants and yesterday's shirt (with spit-up on it) are perfectly acceptable attire, Kim.

Twitter



@JimGaffigan

Happy Canada Day! It's an honour to have you on toup. Sourry.



@AmandaBynes

I Want A Million Dollars A Year For Illegally Having My Mind Read And Privacy Stolen



@mindykaling

What does one wear to a @Beyonce concert? A Freakum dress? Fendi shoes? VVS stones? Her songs are TOO instructional! Help



@Bethenny

When i connect with my girlfriends, i realize we're all hanging on by a thread: sick children, marriage stress, finances etc.

Doing Disney World is no Mickey Mouse undertaking

Live and learn.

Metro's Elisha Dacey sums up what she learned about taking your family to one of the world's most famous theme parks

ELISHA DACEY

elisha.dacey@metronews.ca

Trying to sum up Walt Disney World in one short article is impossible. There are books, websites and industries around how to get through Disney World without throwing up, kiddo meltdowns, waiting in two-hour lines, third-degree sunburns or your feet turning into one giant blister.

So when my family and I got the chance to visit Disney World as part of Cityline's recent CityInDisney contest, I threw myself into research. Then I ignored most of it.

Here's what did work for us:

It's not all sunshine in Orlando

In fact, it rains nearly every day at some point then gets blisteringly hot again. Go to the dollar store and bring ponchos. I ignored this advice and ended up paying \$21 for plastic Disney ponchos.

Bring Band-Aids

You'll need them for the blisters you develop when you wear those cute-but-ridiculous shoes that no one notices on the first day.



Ensure your visit to the Magic Kingdom doesn't lose its magic with some forward thinking. KENT PHILLIPS/DISNEY

Bring out your running shoes

And don't wear any other kind of shoes. Good thick socks that wick away sweat also help.

The best investment we made:

Reusable water bottles with filters. There are water fountains throughout the park, but they can be hard to find. And if you're picky about how water tastes, this is better than drinking (very expensive) bottled water.

The food isn't that expensive

I saw a lot of complaints about how expensive the food is on various websites, but that's

because Americans are used to cheaper food prices. The food prices were on par for what you'd pay at Canadian restaurants.

However, the food is hit-and-miss

Some of the restaurants were great. Some were awful. Use websites like UrbanSpoon and TripAdvisor to do some research.

Use the hotel concierge's services

I had trouble making reservations at sit-down restaurants myself, due to Disney's finicky website. But my hotel concierge didn't. Use their services — it's free — to find reservations at the various parks.

Remember to nap

Go when the parks open, leave around 11 or 11:30 a.m., eat lunch then head back to the hotel for a two-hour nap. For everyone. This avoids the worst heat of the day and kid meltdowns.

Take a break

We spent eight days at Disney and seven days in the parks. That one day off we spent at the resort in the pool. Taking a break relaxed everyone.

Hug every character, even if you're not a hugger

You'll feel better.

ELISHA DACEY IS THE EDITOR OF METRO WINNIPEG. FOLLOW HER ON TWITTER @ELISHADACEY.



Give lots of hugs. DISNEY

Camping

Don't be afraid of the great outdoors



ON THE MOVE

Loren Christie
life@metronews.ca

Reluctant to rough it? You don't need to be an experienced adventurer to enjoy camping in Canada. For people who want to get a taste of our country's great outdoors, consider the following:

Check out Parks Canada's Learn to Camp programs:

They run throughout the summer at various national parks across the country and teach camping related skills like how to set up a tent or cook outside. Ontario Parks has its own version of Learn to Camp that includes a new 'Graduate' session for past participants.

Their programs are overnights that include all camping equipment. You just have to bring your own food, bedding and personal items. A bonus for those without wheels is this sea-

son's expanded Parkbus service leaving from downtown Toronto or Ottawa. Campers can take advantage of this transit service offering direct transportation to beautiful parks like Algonquin and Killarney.

Sleep in comfort and get off the ground:

Yurts are round tent-like abodes offering urban comforts such as electricity and furniture. They have become quite popular over the last few years in parks from Nova Scotia to British Columbia.

Exclusive to a couple of national parks in Alberta and Quebec, oTENTiks are a cross between an A-frame cabin and a prospector tent mounted on a raised wooden floor, making it warm, dry and cozy.

Plan in advance:

Whether or not a park requires advance reservations, it's worth making one to ensure you secure the days and spot you want.

Make a camping equipment checklist. I have a tattered and stained one from 1999 that I dig out

annually. It will help you get organized. Parks Canada has a great checklist app you can download that includes safety tips, recipes and first timer advice. Don't panic if you don't own everything on the list.

Places like Mountain Equipment Co-op rent out big ticket items such as tents, sleeping bags and backpacks. For smaller items, consider borrowing from friends or better yet, invite them and their equipment along. Camping is more fun as a group anyway.

On a delicious veggie-eating roll



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

Phyllo is a wonderful way to wrap a vegetable and cheese dish like this.

Traditionally, you would use puff pastry, which is loaded with saturated fat and excess calories. Phyllo is a much healthier alternative and is available in the refrigerated section of your supermarket.

Working with phyllo is quite easy. Just remember to cover up those sheets you're not using at the time.

1. Preheat oven to 375 F and spray baking sheet with vegetable spray. In saucepan of boiling water or in microwave, cook asparagus for 3 minutes or until tender; drain and set aside.

2. In nonstick skillet over medium heat, add oil and cook garlic and red peppers for 5 minutes or until tender; add green onions and cook for 1

Ingredients

- 6 oz asparagus spears, trimmed
- 1 tsp oil
- 1 1/2 tsp minced garlic
- 1 1/2 cups chopped red peppers
- 1/4 cup chopped green onions
- 1/3 cup creamy ricotta cheese
- 3 oz goat cheese, crumbled
- 2 tbsp grated Parmesan cheese
- 1 egg
- 1/4 tsp coarsely grated pepper
- 5 sheets phyllo pastry
- 2 tsp margarine or butter, melted

minute more. Remove from heat.

3. In bowl, combine cheeses, egg and pepper, until smooth.

4. Keeping remaining phyllo covered with a cloth to prevent drying out, layer two sheets of phyllo one on top of the other;

Asparagus, Red Pepper and Goat Cheese Phyllo Roll



This recipe serves eight. MARK SHAPIRO, ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

brush with melted margarine.

5. Layer two more sheets of phyllo on top; brush with melted margarine. Put last phyllo sheet on top.

6. Spread cheese mixture over-

top. Add sweet pepper mixture, and place the asparagus spears on top.

7. Starting from the long edge where the filling is, roll the phyllo and filling, jelly roll fashion. Tuck the ends under

and place on prepared baking sheet. Brush with remaining melted margarine and bake for 20 to 25 minutes, or until golden brown. Cut into slices and serve. **ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN**

Drink of the Week

Hennessy Ginger Mojito

Simple changes add a gentle spice to this famous summer refresher.

- 1 sprig of fresh mint
- 1.5 oz Hennessy V.S.
- .5 oz lime juice
- .25 oz simple syrup
- Top with ginger ale
- Garnish with mint sprig

Place one mint sprig in the bottom of a shaker tin and press to bruise with a muddler. Add all liquid except ginger ale to the shaker with ice and shake until chilled.



Strain into a Collins glass with fresh ice, top with ginger ale and garnish with a mint sprig. **COURTESY OF HENNESSY**

When business meets bon voyage

Work on the fly. You've just settled into your new job and now you're leaving on a jet plane? What to prepare.

MEGHAN GREAVES
TalentEgg.ca

Starting your first "real job" as a new grad comes with a ton of amazing opportunities and new experiences. One of which may be having the chance to do some business travel.

As a new grad, it's likely that you haven't experienced travelling for business as of yet and you may have some concerns or questions about successfully completing your first business trip.

Kristie Schmuck graduated from Conestoga College last year with an advanced diploma in business administration-marketing. She had a career waiting for her with a tech company in Waterloo, Ont., immediately after graduation and, shortly after starting in her role, she was shining bright enough for her boss to give her the responsibility of heading down to Cleveland, Ohio for a

Tips for trips

What is your top advice for new grads who are sent out on their first business trip?

- Be confident. The most important thing is confidence when you're travelling. It's perfectly natural to be nervous and apprehensive but you have to remember that the person who has sent you on this trip trusts that you can do the job you've been sent there to do.
- Once you acknowledge that, then you can start to have fun with it.

month.

Kristie shared how, as a new grad, she successfully got through her first business trip, and how it not only brought benefits to her company but her career as well.

Why were you expected to travel as a new grad?

We had just recently formed a partnership with a new client in Cleveland, Ohio. The



Feeling a little isolated in your foreign workplace? Find ways to socialize with your new set of contacts whenever the opportunity presents itself. **ISTOCK**

president of my company had travelled down for two weeks to train their team to use our product and launch the program. Upon his return, there were still many questions and confusion on how to use our tool to its fullest potential. As an experienced community specialist, my leadership team looked to me to take initiative and train the Cleveland team.

What did you have to get in order/prepare to ensure that your business trip went smoothly?

The first step was to plan

flights, accommodations and budgets with my boss. This part was fairly stressful because I was worried about the cost of all of it and the idea of "expensing".

As a new grad, I still had some school debt, a lower salary and a low credit limit. This was concerning to me because without a company card I was expected to "take care" of everything myself and fill out expense reports for reimbursement. Communicating this to my boss also worried me because I thought he might think less of me. Fortunately he was

very understanding and made appropriate arrangements so that the cost of the trip would not be an issue.

How were you successfully able to work well with a new and different team?

My role on this team, as a leader, was communicated with them well before I arrived. They were told to respect me as management even though I'm young.

This was helpful in establishing my position, but the rest just took knowledge of common leadership and teamwork skills. I find these fundamental and essential skills are universal when it comes to the workplace.

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Mooseheads look to add to past success at import draft

QMJHL. With two early first-round picks the Herd look primed to add talented Europeans to the lineup



ANDREW RANKIN
andrew.rankin@metronews.ca

Marty Frk, Konrad Abeltshauser, Tomas Knotek and Jakub Voracek.

Besides all being power-house players for the Halifax Mooseheads, the foursome happened to be the Herd's last import picks.

Armed with two first-round selections, at No. 6 and 12, in Wednesday's CHL Import Draft, the Mooseheads appear poised to add to that outstanding crop of European talent.

The Mooseheads are looking to fill the void left by top defenceman Abeltshauser and Frk, a first-line forward, who are pursuing pro careers.

The Mooseheads must choose wisely, since CHL teams are limited to just two European players.

The team's general manager Cam Russell has narrowed his list down but he's taking nothing for granted.

Quoted

"We've done our homework, we've worked hard at this and we're confident that we will get two very good hockey players (Wednesday)." Mooseheads GM Cam Russell

"Hopefully we'll have a few guys who can step up and play," said Russell. "But even with a guy like Marty, it took him an adjustment period; Konrad, the same thing. It's not too often that you get guys who make an immediate impact, like a (Nathan) MacKinnon, a (Jonathan) Drouin or a (Zach) Fucale."

He knows more than most just how critical those selections will be.

"We're really excited about it. Typically, you look back in history and you see those players have success when they come into our league."

"I'm not about to make a guarantee that we're going to have someone who's going to score 40 or 50 goals."

Nor is Russell saying he's after a sniper, emphasizing he's looking at every position.

"We can't tip our hat to



Mooseheads forward Martin Frk, who is signed by the NHL's Red Wings, is expected to turn pro next season. JEFF HARPER/METRO

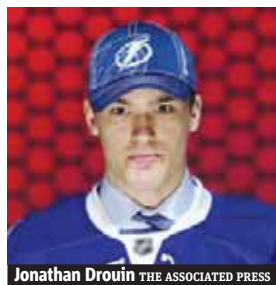
what we're looking for, but I can honestly say that we're looking for the two best players

available."

"Obviously the European players should be two of the

best players on your hockey team, so it's clearly an important draft for us."

MacKinnon, Drouin will forever be Mooseheads: GM



Jonathan Drouin THE ASSOCIATED PRESS

In a matter of moments, a tide of emotion washed over Cam Russell after two of his prodigies went No. 1 and No. 3 in Sunday's NHL draft.

The Halifax Mooseheads general manager was on site for the event when the Colorado Avalanche selected Nathan MacKinnon first overall. In seconds he went from a state of sudden numbness, to relief, to joy.

"I can't imagine what Nathan and his family was feeling," he said. "I was so happy for his family, for him. He's gone through a lot of adversity through the whole year."

The outpouring of excitement continued when the Tampa Bay Lightning selected Jonathan Drouin third.

Who could blame Russell? After all, he was the mastermind who brought both blue-

chip prospects to the Mooseheads.

"They'll always be associated with the Mooseheads, which is huge. Like Sidney Crosby and the Rimouski Oceanic, there are a lot of people who see Sidney Crosby as a Rimouski player. It's great for the city, it's great for our organization."

As much as the duo raises the profile of the team, he said it's not entirely by chance that

the pair landed in Halifax.

"Halifax and the Mooseheads have always been a city and an organization that a lot of players want to come to. I've been here a long time and I can't remember a time where I dealt with an agent who said 'Ah, geez, we don't want to go to Halifax.' That's because we treat our players well, we treat them right."

ANDREW RANKIN/METRO

NHL

Pens sign 8-year deal with Letang

The Pittsburgh Penguins announced Tuesday they had agreed to terms with defenceman Kris Letang on an eight-year, \$58-million extension.

His salary will jump to \$7.25 beginning in 2014-15.

THE ASSOCIATED PRESS



Kris Letang GETTY IMAGES

NHL

Lecavalier lands with the Flyers

The Philadelphia Flyers have signed veteran centre Vincent Lecavalier to a multi-year contract.

The Tampa Bay Lightning let the 33-year-old go last week, and the Flyers pounced Tuesday night, signing him to a reported five-year deal

worth \$22.5 million.

Tampa Bay cut ties with Lecavalier to clear space under a smaller salary cap. The Flyers took advantage of both of their compliance buyouts to release forward Danny Briere and goaltender Ilya Bryzgalov.

Lecavalier, who was drafted first overall by the Lightning in 1998, scored a franchise-high 383 goals.

THE ASSOCIATED PRESS

NHL

Komisarek cut loose by Leafs

The Mike Komisarek era is officially over.

The Maple Leafs will pay Komisarek \$1,166,667 in each of the next two seasons not to play for them, making the defenceman a free agent on July 5. TORSTAR NEWS SERVICE

Detroit tie-breaker snaps Toronto's home win streak



Blue Jays manager John Gibbons yells at home plate umpire Alan Porter after being ejected from a game against the Detroit Tigers in Toronto on Tuesday. The Tigers won 7-6. NATHAN DENETTE/THE CANADIAN PRESS

MLB. Gibbons booted in the 9th as Blue Jays fall below .500

Miguel Cabrera hit a three-run homer and Torii Hunter had four of Detroit's 12 hits as the Tigers edged the Toronto Blue Jays 7-6 in Toronto on Tuesday night.

Hunter's two-out infield single in the eighth inning scored Omar Infante from third base with the go-ahead run. Joaquin Benoit worked the ninth for his sixth save to end Toronto's seven-game home winning streak.

The tie-breaking run came across when Hunter hit a comebacker that hit reliever Neil Wagner (1-3) and bounced to the left side of the infield. Shortstop Jose Reyes made a nice play to barehand the ball and throw it to first but it wasn't in time to catch the speedy Hunter.

Toronto (41-42) fell below the .500 mark with the loss

On Tuesday

7

Tigers

6

Blue Jays

while Detroit (44-38) ended its three-game losing skid.

The teams combined for six runs apiece over the first two innings.

The Blue Jays attacked Detroit starter Doug Fister from the outset, with Reyes leading off with a single and moving to second when Rajai Davis was hit by a pitch.

Jose Bautista followed with a sharp single that scored Reyes. After advancing on a passed ball, both runners scored when Colby Rasmus sliced a ground-rule double that bounced off of play near the left-field foul pole.

THE CANADIAN PRESS



Cincy's no-hit wonder

Homer Bailey of the Cincinnati Reds celebrates with teammates after throwing a no-hitter against the San Francisco Giants on Tuesday in Cincinnati, Ohio. The Reds won 3-0, and Bailey (5-6) became the third Reds pitcher with more than one no-hitter, joining Jim Maloney and Johnny Vander Meer. JOE ROBBINS/GETTY IMAGES

Rugby, football

Mandela Sports Day a celebration of beloved leader

South Africa's national football and rugby teams will play on the same day at the former World Cup showpiece stadium in Soweto to honour Nelson Mandela, bringing together in a rare move the country's two most popular sports that once portrayed its deep racial divisions.

The South African sports ministry said on Tuesday that the Nelson Mandela Sports Day on Aug. 17 at FNB Stadium — formerly Soccer City — was aimed at uniting the country and the world "in celebration and promotion" of the anti-apartheid leader's legacy, as South Africans continued to long for the critically ill former president to recover.

While calling the sports day a celebration of Mandela, the ministry referred to the sombre current mood in South Africa, with its inspiring and beloved national hero, now 94, still in a critical but stable condition after 25 days in the hospital.

THE ASSOCIATED PRESS

Murder investigation. Ex-Pat Aaron Hernandez linked to 2012 homicide

Boston police have asked authorities in the Connecticut hometown of Aaron Hernandez for their help with an investigation into a double homicide connected to the former NFL star, police said Tuesday.

Hernandez is already charged with murder in the shooting death of Odin Lloyd, whose body was found June 17 near Hernandez's home in North Attleborough, Mass.

The request from Boston police in the July 2012 double homicide was based on evidence developed through the investigation of Lloyd's slaying, Bristol Police Lt. Kevin Morrell said. He said police were asked to search the same home in Bristol for both investigations, and a vehicle was seized at the address on Friday.

Two people were killed in the shooting in Boston's south end on July 15, 2012. Witnesses reported seeing people inside a grey SUV with Rhode Island plates open fire on a vehicle carrying the victims, 29-year-old Daniel Jorge Correia de Abreu and 28-year-old Saffiro Teixeira Furtado.

Boston police have declined to comment on whether



Aaron Hernandez at a bail hearing last Thursday in Fall River, Mass. THE ASSOCIATED PRESS

er Hernandez is being looked at as a possible suspect in that case.

Prosecutors say Hernandez, 23, orchestrated Lloyd's execution-style slaying. They say it happened after the two went to a nightclub days earlier and Lloyd spoke to people Hernandez didn't want him talking to. Two other men are also facing charges in connection with Lloyd's death.

THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	51	34	.600	—
Baltimore	47	37	.560	3½
Tampa Bay	45	39	.536	5½
New York	44	39	.530	6
Toronto	41	42	.494	9

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	45	38	.542	—
Detroit	44	38	.537	½
Kansas City	38	42	.475	5½
Minnesota	36	44	.450	7½
Chicago	33	47	.413	10½

WEST DIVISION

	W	L	Pct	GB
Oakland	48	35	.578	—
Texas	48	35	.578	—
Los Angeles	39	43	.476	8½
Seattle	36	47	.434	12
Houston	30	54	.357	18½

Tuesday's results

Detroit 7 Toronto 6
Boston 4 San Diego 1
Seattle 9 Texas 2
Chicago White Sox 5 Baltimore 2
N.Y. Yankees 7 Minnesota 3
Tampa Bay 8 Houston 0
Cleveland 6 Kansas City 5
Chicago Cubs at Oakland
St. Louis at L.A. Angels

Monday's results

Toronto 8 Detroit 3
N.Y. Yankees 10 Minnesota 4
Tampa Bay 12 Houston 0

Wednesday's games — All times Eastern

Detroit (Scherzer 12-0) at Toronto (Johnson 1-2), 7:07 p.m.
San Diego (Volquez 6-6) at Boston (Lester 8-4), 7:10 p.m.
Baltimore (Feldman 0-0) at Chicago White Sox (Santiago 3-5), 7:10 p.m.
Seattle (Hernandez 8-4) at Texas (Holland 6-4), 8:05 p.m.
N.Y. Yankees (Sabathia 8-6) at Minnesota (Walters 2-4), 8:10 p.m.
Tampa Bay (Hernandez 4-9) at Houston (Norris 5-7), 8:10 p.m.
Cleveland (Kazmir 4-4) at Kansas City (Guthrie 7-6), 8:10 p.m.
Chicago Cubs (Garza 3-1) at Oakland (Colon 11-2), 10:05 p.m.
St. Louis (Miller 8-6) at L.A. Angels (Williams 5-3), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	49	34	.590	—
Washington	42	41	.506	7
Philadelphia	40	44	.476	9½
New York	35	45	.438	12½
Miami	30	52	.366	18½

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	51	31	.622	—
St. Louis	49	32	.605	1½
Cincinnati	48	36	.571	4
Chicago	35	45	.438	15
Milwaukee	33	49	.402	18

WEST DIVISION

	W	L	Pct	GB
Arizona	42	41	.506	—
Colorado	41	43	.488	1½
San Diego	40	44	.476	2½
Los Angeles	39	43	.476	2½
San Francisco	39	44	.470	3

Tuesday's results

Milwaukee 4 Washington 0
Philadelphia 3 Pittsburgh 1
Cincinnati 3 San Francisco 0
N.Y. Mets 9 Arizona 1
Atlanta 11 Miami 3
L.A. Dodgers 8 Colorado 0

Monday's results

Washington 10 Milwaukee 5
Cincinnati 8 San Francisco 1 (7 inn.)
N.Y. Mets 5 Arizona 4 (13 inn.)
Miami 4 San Diego 0

Wednesday's games — All times Eastern

Milwaukee (Lohse 3-6) at Washington (Detwiler 2-6), 6:05 p.m.
Philadelphia (Lannan 1-2) at Pittsburgh (Gomez 2-0), 7:05 p.m.
San Francisco (Zito 4-6) at Cincinnati (Cingrani 3-0), 7:10 p.m.
Arizona (Delgado 0-2) at N.Y. Mets (Harvey 7-1), 7:10 p.m.
Miami (Nolasco 4-8) at Atlanta (Minor 8-3), 7:10 p.m.
L.A. Dodgers (Greinke 5-2) at Colorado (Chatwood 4-1), 8:10 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Montreal	1	1	0	0	38	33	2
Toronto	1	1	0	0	39	34	2
Hamilton	1	0	1	0	34	39	0
Winnipeg	1	0	1	0	33	38	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	1	1	0	0	39	18	2
Calgary	1	1	0	0	44	32	2
B.C.	1	0	1	0	32	44	0
Edmonton	1	0	1	0	18	39	0

Thursday's games — All times Eastern

Winnipeg at Montreal, 7 p.m.

Toronto at B.C., 10 p.m.

Friday's game

Calgary at Saskatchewan, 9 p.m.

Sunday's game

Edmonton at Hamilton, 5 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Montreal	9	4	2	27	21	29
New York	8	6	4	25	22	28
Philadelphia	7	5	5	27	26	26
Kansas City	7	5	5	23	17	26
Houston	6	6	5	19	18	23
New England	5	5	6	19	14	21
Columbus	5	7	5	21	21	20
Chicago	5	7	3	15	21	18
Toronto	2	8	6	14	12	12
D.C. United	2	12	3	8	27	9

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Salt Lake	10	5	3	27	16	33
Dallas	8	3	6	27	22	30
Portland	7	1	9	28	16	30
Vancouver	7	5	4	26	24	25
Los Angeles	7	7	3	25	21	24
Colorado	6	7	5	21	22	23
Seattle	6	5	3	19	17	21
San Jose	5	7	6	18	27	21
Chivas USA	3	10	3	15	31	12

Wednesday's games — All times Eastern

Montreal at Toronto, 7 p.m.
San Jose at Chicago, 8:30 p.m.
Vancouver at Kansas City, 9 p.m.
Philadelphia at Salt Lake, 10 p.m.
D.C. United at Seattle, 10 p.m.
Thursday's games
Chivas USA at Dallas, 9 p.m.
New York at Colorado, 9:30 p.m.
Columbus at Los Angeles, 10:30 p.m.



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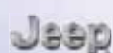


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The 2014 Ford Fiesta



ALL PHOTOS WHEELBASEMEDIA.COM

Review. With three options to choose from let's get the party started

MALCOLM GUNN
wheelbasemedia.com

Well, your job just got a little tougher. It's not because the 2014 Ford Fiesta looks better, which it does, it's because this sub-compact sedan/hatchback now includes a thrifty turbo option as well as a hot hatchback with close to 200 horsepower. Decisions, decisions.

Since its 2011-model-year launch, the European-designed, Mexico-built Fiesta, along with its Focus counterpart, has given Ford ample small-car credibility in North America. The four-door sedan — a model created specifically for this continent — offers great looks, but the more youthful hatchback is the one that garners the most attention and is arguably the most practical in terms of passenger and stowage space.

From the nose on back, the Fiesta remains pretty much unchanged. As with most sub-compacts, the car is narrow at the waist and a tight fit for adult-size rear-seat riders. But the interior is also an exercise in good taste, with ergonomic-friendly switches and controls and quality seat coverings and door panels, especially on up-level models. While the split rear seat doesn't fold flush with the floor, it's sufficiently flat to give you at least double the capacity compared to the sedan's quite spacious trunk,

- 2014 Ford Fiesta**
- **Type.** Four-passenger-door, front-wheel-drive sub-compact sedan/hatchback
 - **Engines (hp).** 1.6-litre DOHC I4 (120); 1.0-liter DOHC I3, turbocharged (123); 1.6-litre DOHC I4, turbocharged (197)
 - **Base price (incl. destination)** \$15,700

Design

Ford's stylists have done a major number on the front bodywork. The result is a proboscis that pays tribute to the 2013 Ford Fusion sedan. The open-mouth grille really seems to suit the car and is a significant improvement over the tiny air inlet on the 2013 version.

Transmission

Fiesta's base 1.6-litre four-cylinder engine that produces 120 (hp) and 112 pound-feet of torque. It hooks to a five-speed manual transmission, or optional six-speed automated manual that does away with the torque converter found in conventional automatics. It shifts all by itself, or manually. It's your call.

Technology

The Fiesta was given an improved "Sync" communications/infotainment system with upgraded voice command software, more workable hands-free Bluetooth short-range wireless connectivity and an easier-to-use optional navigation system.

even though the hatchback is 33 centimetres shorter.

The base 1.6-litre engine will be joined by an optional 1.0-litre (999 cubic-centimetres, to be precise) three-cylinder powerplant later in the model year. But don't let the diminutive size fool you. This engine is a member of Ford's turbocharged EcoBoost lineup, which has become well-known for extracting maximum power and fuel economy from minimal displacement. In the Fiesta's case, the tiny 1.0 puts out 123 horsepower and, more importantly, 148 pound-feet of torque.

At this point Ford is being coy concerning the littlest turbo's fuel numbers, other than to state that its highway rating will best the base 1.6's 4.9 l/100 km figure. At the opposite end of the spectrum, the new Fiesta ST model promises a lively driving experience for the serious enthusiast. Its turbocharged 1.6-litre engine, which is also available in the Fusion, delivers 197 horsepower and 202 pound-feet of torque.

As with the Focus ST, pro-



The Fiesta's neat dash proves that design detail doesn't cost any more to execute.

iciency in using a six-speed manual gearbox is a must since it's the only transmission available. Other ST components include a blacked-out honeycomb grille, unique 17-inch wheels (15-inch wheels are standard) and rear spoiler, quicker-ratio steering, larger brakes and a sport-tuned suspension. On the inside, heated sport-style cloth bucket seats are standard, but you can upgrade to Recaro-brand front buckets with leather inserts.

To ensure everyone aboard is aware that all 197 horses are working at full gallop,

the ST's engine sounds are actually piped into the cabin using what's called a "Sound Symposer." The ST is on-the-road-priced at about \$26,500, but add another \$2,500 or so for the Recaro seat option. That's about \$10,800 above the price of a basic Fiesta S sedan, but that should be considered pretty reasonable for a sports hatchback possessing that level of power.

Along with the high-strutting ST, the fun-injected Fiesta lineup for 2014 continues to party on for frugal small-car lovers.

Compare



1 Mitsubishi Mirage
Base price: \$13,500



2 Chevrolet Spark
Base price: \$13,350



3 Fiat 500L
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5 DRIVE

Shifting manually toward auto enlightenment

Autopilot. Pro Indy Car racer says driving stick gives you a proper feel for — and connection with — your car



AUTO PILOT
Mike Goetz
drive@metronews.ca

To many of us who grew up in earlier decades, or in various foreign lands, learning how to operate a manual transmission was never a choice. If you couldn't shift it, you couldn't drive it.

The rise of the automatic transmission has shuffled learning how to "drive stick" into the optional recreational activity category, where you might find things like ice skating, making crafts from macaroni, and yodeling.

But there are lots of voices in the automotive community that believe if you don't learn the fine art of manual shifting you not only miss out on some good clean fun, you also a big part of the driving experience.

"Learning to drive a manual is something that will stay with you forever," says Alex Tagliani. "It gives you a connection to the car... You have a better understanding. It doesn't matter if you then decide to drive an automatic for your everyday car. It will always help you as a driver."

It certainly helped Tagliani. He's been a professional Indy Car racer for over a decade. He drove at Indy 500 earlier this year (finishing 24th) and will be driving at the Honda Toronto Indy very soon (July 12-14).

Tagliani believes drivers don't have the "feel" they used to, because modern machines are taking over the dicey bits of driving, with stuff like all-wheel-drive, traction control and ABS. Learning to drive manual will help you regain and develop your "feel" for the road, says Tagliani.

He was the surprise guest at a recent Honda Canada event, which was about turning non-shifters into shifters, and promoting the art of shifting in general.

Tagliani was taught to drive a stick, when he was 11, by a grandfather he was visiting in Italy. That kind of passing of

the "stick" is not happening today, says Hayato Mori, Product Planning Manager, Honda Canada.

"Parents don't drive manuals, so their kids don't drive manuals... Ask any 25 to 30-year old, 90 percent of them have yet to experience a manual."

Some mainstream automakers have decreased their manual offers, and the super exotic sports cars are increasingly going with "clutchless" transmissions (computers can simply shift gears faster than humans, end of story). But Honda, Mazda and VW seem determined to keep the lights on. Honda offers manuals on Fit, Civic, Accord and CR-Z (the only hybrid available with a stick). About 20 per cent of those models are sold with manual transmissions — a percentage that seems to be holding.

At the session I attended, trainers successfully got complete newbie's shifting within an hour. If you're not shifting yet, what's stopping you? To get you started, check out our sidebar of helpful hints, provided by the Honda Canada trainers.



Long live the stick appears to be Honda's motto.

Let's learn shifting

- But not from loved ones — too much baggage.
- Pick a big parking lot and stick with it, there will be ups and downs. But if you're not having fun you're not learning.
- One day should do it.
- From a standing start, let clutch out slowly, with no gas, modern cars have lots of torque at idle and their engines rarely stall.
- Don't drive with your foot on the clutch. Only three clutch-foot moves: pushed to the floor to engage, out slowly after engaging next gear, then on the dead pedal.
- Adjust seat so you are able to depress clutch pedal all the way to the floor with still some bend left in the knee.
- Most common rookie mistake: forget to engage clutch when braking to a stop. When in doubt, both foot out.

Wipe out whiplash with correct positioning

Driving force. Keeping your head close to the headrest will reduce the chance of the common neck injury happening in a crash

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MCINTOSH
drive@metronews.ca

Originally called headrests, the adjustable cushions atop the seats are now known as head restraints. That's because they're designed and engineered to restrain your head movement during a crash, helping to avoid the painful injury commonly known as whiplash.

"It's typically a soft-tissue injury that results from movement of the head relative to the body, and typically occurs in rear-end and side-impact collisions," says Douglas Romilly, associate professor of mechanical engineering at the University of British Columbia.

"The neck is like a spring attaching the head to the

Facts

- **Study.** One study shows that while 95 per cent of drivers wear seatbelts, less than 50 per cent have their head restraints adjusted properly.
- **Looking forward.** In the future, seats may use sensors to determine a driver's size and adapt themselves to it.
- **Symptoms.** Whiplash symptoms can include neck pain, dizziness, headaches and long-term fatigue.

body. The head moves back while the body moves forward, and that produces an S-shape in the neck. This can exceed the tolerance level of motion and you can get an injury."

Many new vehicles include active head restraints, which use mechanical or pyrotechnical devices that move the restraint forward in a crash, cradling the head and keeping it closely aligned with the spine.

However, the head restraint has to be properly

Don't get whipped

"It's typically a soft-tissue injury that results from movement of the head relative to the body, and typically occurs in rear-end and side-impact collisions."

Douglas Romilly, associate professor of mechanical engineering at UBC

positioned for it to provide protection.

"We recommend that the top of the head restraint be even with the top of the head at least, or a little higher," Romilly says. "And it should be two to five centimetres away from the back of the head. We want it to be close so it will protect you in a crash."

When your body moves backwards in a collision, it will compress the seat foam, so you'll be pushed back into the seat. If your head is too far from the head restraint, this extra distance — even though it's slight — could provide enough space to allow the whipping motion of



This woman demonstrates the correct way to position your head and neck while driving. PROVIDED

your head and neck that can cause injury.

On some vehicles, the restraints lean forward and may press uncomfortably into the back of your head, especially on older models with first-generation active restraints.

Reclining the seat back slightly should help you find a comfortable position, but be sure the restraint is

still high enough and close enough to your head.

While many automakers use active head restraints, some use an overall safety seat design that helps to protect against whiplash. However, neither system is mandatory, and so not all vehicles have them. They're also relatively rare in the rear seats, although whiplash protection is just as

important for passengers there. You can use the Rate Your Car resource at whiplashprevention.org to compare vehicles for occupant safety.

"The goal is to keep the head and torso aligned, so there is very little relative movement between the two," Romilly says. "That will minimize the dynamic loading in your neck."

Parts Department

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On long trips it can be difficult to keep the youngsters (and even some of the oldsters) amused, especially when travelling without the benefit of video or electronic devices. The U.S.A. License Plate Game from Melissa & Doug toys is an easy, yet fun geography lesson: you simply record all of the plates that you or your kids spot along the highway by flipping over the miniature plate tiles featured for all 50 states (sorry, no Canadian provinces). The playing board measures 35 by 25 centimetres and the best part, perhaps, is that there are no loose parts to fall beneath the seats and there are no batteries to replace. It sells for \$20 US and can be ordered from melissaanddoug.com.



Catch a Guppie today

Of all the different knives available from the Columbia River Knife & Tool Company, the Guppie has to be the most functional and would be the handiest to keep in your vehicle. Along with a five-centimetre stainless-steel blade, the Guppie 9070 functions as a light-emitting-diode (LED) flashlight, adjustable wrench (up to half an inch), bottle and can opener and includes two different sizes of detachable flat blade and phillips-head drivers. The Guppie's built-in clip also allows the user to attach it to their pants or shirt pocket and it doubles as a money clip. The Guppie sells for \$45 US and can be purchased at crkt.com/guppie



What's in your garage?

Is that a jet fighter in your garage, or is it a boat, horse or anything else that suits your fancy? In fact, it can be almost anything you want it to be when you choose a mural from style-your-garage.com. This Germany-based company specializes in dressing up boring, single or double-sized garage doors with a variety of images from the company's gallery. However you can also submit your own images to be used in the same fashion. Each one is made of "indestructible" material that attaches to wood or metal doors with self-adhesive Velcro fasteners and should take you and a buddy between 30 and 60 minutes to put up. Prices start at about \$220 US for single doors and \$375 US for double doors. Visit at style-your-garage.com.



A free owners' manual

It can be annoying to misplace your owner's manual, or purchase a vehicle that's missing this document. Fortunately there's a good samaritan out there who can help out. He (or she) has made available downloadable copies of manuals for many makes and models, in some cases going back as far as the early 1990s (more than 2,000 in total). Included on the list are manufacturers like General Motors, Ford, Chrysler, Acura/Honda, Toyota and Volvo. Obviously that still leaves gaps in the collection, but with the assistance from members of the public the variety of manuals is growing daily. The best part of all is that you pay absolutely nothing for this service. Visit justgivemethedamnmanual.com



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Horoscopes

Aries

March 21 - April 20

Fame and fortune are yours if you want them but they will cost you. If you are the kind of Aries who values your privacy, you may prefer to find ways to work behind the scenes.

Taurus

April 21 - May 21

Try to be tactful today, especially when dealing with people who get emotional for no reason. The good times are about to begin and the last thing you want is to be drowned in a flood of tears.

Gemini

May 22 - June 21

Even if you are the kind of Gemini who is on the go every moment of the day, you are advised to slow down a bit over the next 24 hours. You can't do it all on your own, so get help with the heavy stuff.

Cancer

June 22 - July 23

Rules are made to be broken and at this time of year, you can break as many as you please. Others may marvel that you get away with so much but you know it is all a matter of style.

Leo

July 24 - Aug. 23

You don't lack for advice, but you must ignore it all and follow your heart. Deep down you already know all the answers. Sit quietly and listen and you'll hear them.

Virgo

Aug. 24 - Sept. 23

Everything that is meant to happen will happen in its own time, so stop worrying and start looking for ways to enjoy life more. Spend as much time with friends as you can today — they'll make you smile.

Libra

Sept. 24 - Oct. 23

It does not matter in the slightest what others think of what you are doing. The only thing that counts is that you get on with it. Some may love, some may hate — but everyone will respect you.

Scorpio

Oct. 24 - Nov. 22

Everything seems to be speeding up, and that's good. Changes will come thick and fast over the next few days but because they are the kind of changes you enjoy, you won't mind in the slightest.

Sagittarius

Nov. 23 - Dec. 21

Facts and figures you were not meant to know about will give you an advantage in business matters today. Who cares how you saw them? It matters only you use them for your benefit.

Capricorn

Dec. 22 - Jan. 20

You have both might and right on your side now and you must use them to further your interests. It may not be a dog eat dog world, as some people claim, but there are still battles to be fought and won.

Aquarius

Jan. 21 - Feb. 19

Try not to take life so seriously. It may annoy you that there is so much injustice in the world but there always has been and there always will be. Do what you can and be happy.

Pisces

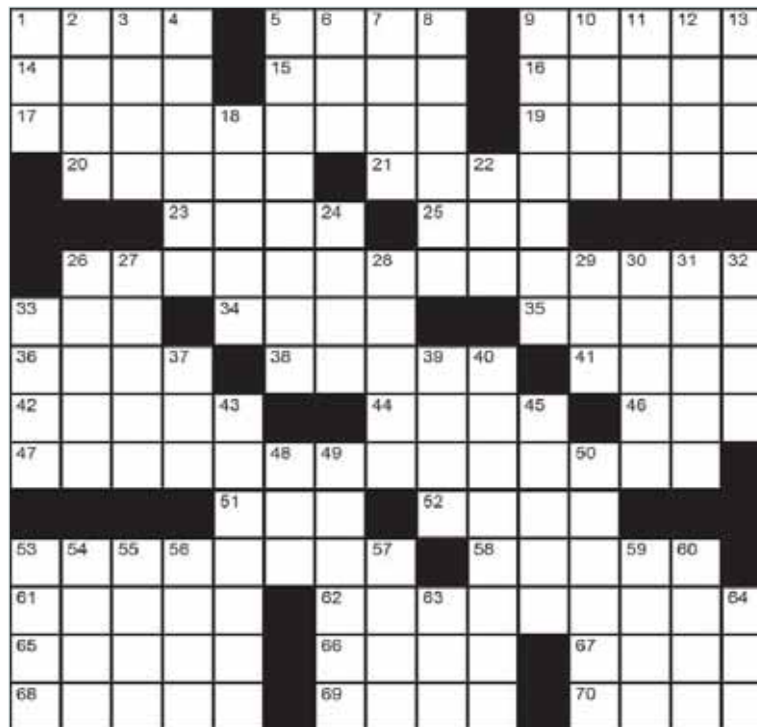
Feb. 20 - March 20

If you feel that your life is beginning to spin out of control then get advice from people you can trust. If nothing else they will calm you down and help you see that things are not really so bad. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Ms. Amos
- Bird's flying move
- Macaroni & Cheese = ___ Dinner
- Shakespeare's river
- James ___ (Co-writer of Broadway musical Hair)
- Viking chieftain of Normandy
- Celebrity photo takers
- Bernie's co-songwriter
- Town just south of Edmonton
- Address spot
- Inquires
- Prof's helpers
- Born near Brantford, ON in 1912, Mohawk actor who played Tonto on "The Lone Ranger": 2 wds.
- Lay the grass
- Burden
- God in Arabic
- Ms. Sedgwick
- Fairy tale name
- Ballet movement
- Sewing cases
- Ancient region of Europe
- Stop
- 'Sugar-Free Gum' ...en francais: 3 mots
- Scientific spot, shortly
- Prong
- Track racing vehicle: 2 wds.
- Chili con ___



- Garlic mayonnaise
- Beach's refreshing wind: 2 wds.
- Type of comic book artist
- Fashion designer, Marc ___
- Magic spell beginning...
- Verbally agree, ___-___

- Soul music record label
- Temporary money
- Faucet
- Office
- Lasso
- Within 24 hours:

- 3 wds.
- Divisive method of gas and oil extraction
- ___-___ Boy (Recliners brand)
- Carpentry tool, variantly
- Montreal suburb, ___-Claire
- Canadian R&B

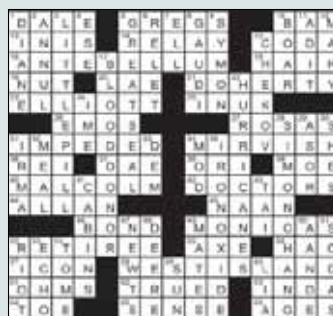
- singer Ms. Turner
- Salad's friend
- Saxophone sort
- Collapse
- Muscle quality
- Rene of "Tin Cup" (1996)
- Tsar as Czar = ___ sp.
- Disparage

- Three Dog Night's "___ the World"
- Tight as ___
- Peaceful hand signal
- "Lucky Man" rock gr.
- Aunt in Oklahoma!
- "Rawhide" by Frankie ___
- Backyard building
- Keel part
- Point
- Sailboat part
- Instrumental hit for Canadian musician Frank Mills: "___ Dancer"
- Manitoba city; or, BC mountain range
- Of the moon
- Cul-de-___
- Puts down
- Shreddies
- "Je ne ___ quoi."
- Bryan's "It's Only Love" duettist
- Bit of "The Addams Family" theme: "...mysterious and spooky / They're all together ___"
- Liz Taylor role in '63
- Prefix with 'angle'
- Biblical mount
- Poet Mr. Pound
- Alias letters
- Suffix with 'Jacob'

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

24°/17°
Showers

Thursday

28°/19°
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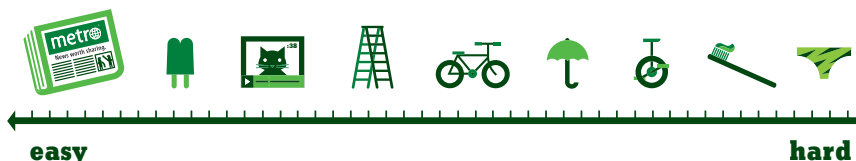
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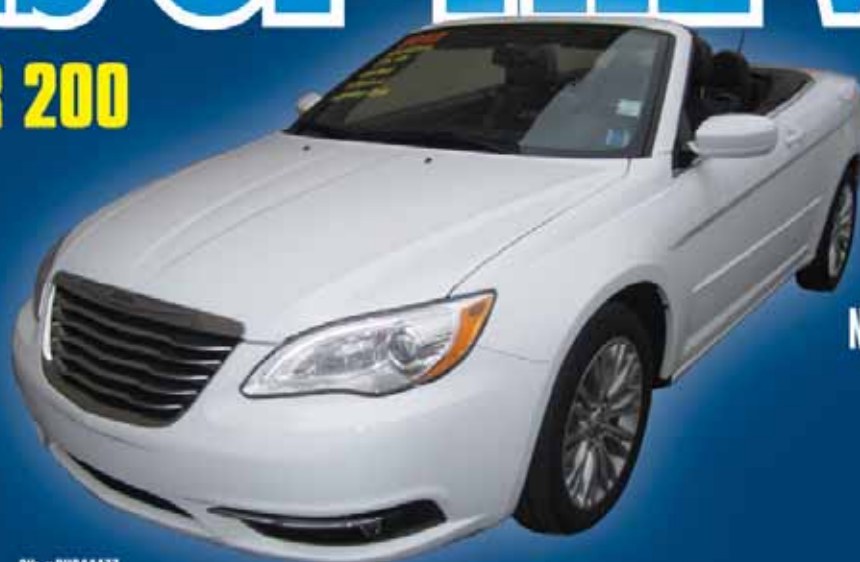
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